

# Chicken Curry Casserole

Meal Components: Vegetable - Other, Grains, Meat / Meat Alternate

Main Dishes, D-55r

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Water		3 qt 2 cups		1 gal 3 qt	1. Boil water.
Brown rice, long-grain, regular, dry 3 lb		1 qt 3 1/2 cups	6 lb	3 qt 3 cups	2. Place 1 lb 8 oz brown rice in each steam table pan (12" x 20" x 2 1/2"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.  3. Pour boiling water (1 qt 3 cups per steam table pan) over brown rice. Stir. Cover pans tightly.  4. Bake: Conventional oven: 350 °F for 40 minutes Convection oven: 325 °F for 40 minutes  5. Remove from oven and let stand covered for 5 minutes.
Canola oil		1/2 cup		1 cup	6. Cook oil and broth over medium heat for 5 minutes.
Low-sodium chicken broth		2 cups		1 qt	
*Fresh carrots, shredded	2 lb 3 oz	2 qt 2 cups	4 lb 6 oz	5 qt	7. Add carrots, celery, and onions. Cook for 10 minutes or until vegetables are tender. Set aside.

*Fresh onions, chopped 1/2"	1 lb 6 oz	1 qt 1 cup	2 lb 12 oz	2 qt 2 cups	
Curry powder		1/4 cup 2 Tbsp	3 oz	3/4 cup	<b>8.</b> Combine curry, garlic, pepper, salt, and yogurt. Mix well.
Garlic powder		3 Tbsp		1/4 cup 2 Tbsp	
Ground black pepper		1 1/2 Tbsp		3 Tbsp	
Salt		1 Tbsp		2 Tbsp	
Low-fat yogurt, plain	2 lb	1 qt	4 lb	2 qt	
Frozen, cooked fajita chicken strips, thawed, diced 1"	6 lb 4 oz	1 gal	12 lb 8 oz	2 gal	<b>9.</b> Add vegetable mixture to rice. Fold in curry/yogurt mixture. Add chicken. Combine well.  <b>10.</b> Bake uncovered: Conventional oven: 400 °F for 10 minutes Convection oven: 375 °F for 10 minutes  <b>11.</b> Critical Control Point: Hold for hot service at 135 °F or higher  <b>12.</b> Portion with 6 fl oz spoodle (¾ cup).

## Notes

### Our Story

The students of Garfield Elementary School were eager to accept the challenge of the Recipes for Healthy Kids Competition. They met

to brainstorm ideas. The recipe challenge team developed three recipes which were prepared for the entire school. Based on the student reviews, the team revised the recipes and submitted them to the competition. Chicken Curry Casserole was the winner. This chicken curry recipe originated from a student who was inspired by a favorite dish her aunt makes at home. Chicken Curry Casserole is a dish to warm the heart and please the soul!

**Garfield Elementary School**  
Washington, District of Columbia

**School Team Members**  
**School Nutrition Professional:** Danielle Schaub, RD (Registered Dietitian, Chartwells-Thompson)  
**Chef:** Clay Berry (Executive Chef, Chartwells-Thompson)  
**Community Member:** Sapna Batheja, MS, RD (Project Manager, American Association of School Administrators)  
**Students:** Mark K., Carmen J., and Samya C.

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide		
Food as Purchased for	50 Servings	50 Servings
Carrots	2 lb 12 oz	5 lb 8 oz
Celery	1 lb 12 oz	3 lb 8 oz
Mature onions	1 lb 10 oz	3 lb 4 oz

Serving	Yield	Volume
¾ cup (6 fl oz spoodle) provides 1 ¼ oz equivalent meat/meat alternate, ¼ cup other vegetable, and ¾ oz equivalent grains.	<b>50 Servings:</b> about 21 lb  <b>100 Servings:</b> about 42 lb	<b>50 Servings:</b> about 2 gallons 2 ½ quarts  <b>100 Servings:</b> about 5 gallons 1 quart

Nutrients Per Serving					
Calories	220.32	Saturated Fat	1.34 g	Iron	1.43 mg
Protein	14.33 g	Cholesterol	50.7 mg	Calcium	64.98
Carbohydrate	26.4 g	Vitamin A	3161.5		mg
Total Fat	6.47 g		IU	Sodium	563.78
		Vitamin C	2.56 mg		mg
				Dietary Fiber	2.81 g